

# Childbirth & Parenting Education

## 2018 Class Schedule

*Class descriptions on reverse side.*

### Childbirth Education (Preparation for Childbirth)

3-Week Class

Mondays, 6:30 pm - 8:30 pm

January 8 - January 22  
February 5 - February 26  
March 5 - March 26  
April 16 - April 30  
May 7 - May 21  
June 4 - June 18  
August 6 - August 20  
September 10 - September 24  
October 15 - October 29  
November 5 - November 19  
December 3 - December 17

### Childbirth Education (Preparation for Childbirth)

3-Week Class

Wednesdays, 6:30 pm - 8:30 pm

January 3 - January 17  
February 7 - February 21  
March 7 - March 21  
April 4 - April 18  
May 2 - May 16  
June 6 - June 20

### Childbirth Education (Preparation for Childbirth)

3-Week Class

Thursdays, 6:30 pm - 8:30 pm

January 4 - January 18  
February 8 - February 22  
March 8 - March 22  
April 5 - April 19  
May 3 - May 17  
June 7 - June 21

Note: All "Childbirth Education" and "Infant Care" Classes are held in the Pilgrim Room at Northwoods Medical Center, 2005 Bay Street, Taunton.

### Private or Weekend Childbirth Class

Dates TBD

Please call 508-828-7777, and we will coordinate dates with the instructor.

### Infant Care Class

Tuesdays, 6:30 pm - 8:30 pm

January 23	February 27
March 27	April 24
May 22	June 19
July 31	August 28
September 25	October 30
November 27	December 18

### Breastfeeding Class (Feeding Your Baby)

6 pm - 8 pm

Morton Hospital  
Quinn Conference Room

January 10  
February 8  
March 7  
April 9  
May 17  
June 11

### Breastfeeding Support Group (Free)

Tuesdays, 10 am - Noon, Morton Hospital Cafeteria Annex  
(no registration required)

For more information about any of these classes, visit [www.mortonhospital.org](http://www.mortonhospital.org) or call (508) 828-7777.

**Morton  
Hospital**

A STEWARD FAMILY HOSPITAL



## Morton Hospital Childbirth & Parenting Education

# Class Descriptions

Morton Hospital's Parent and Family Education Program invites you to participate in our classes, which are designed to help today's families meet the challenges of parenting. Our programs are family-oriented and focus on the changes impacting all family members. Class sizes are limited to ensure individualized attention, so we encourage you to register early to avoid disappointment.

## Childbirth Education (Preparation For Childbirth)

The 3-week Preparation for Childbirth class focuses on preparing you for labor and delivery. The more knowledgeable you are about the birth process, the more rewarding you are likely to find the experience. As you progress through the prepared childbirth classes, you will have an opportunity to actively plan your labor and delivery as you learn about the birth options available to you.

Prepared childbirth classes include a range of topics such as diet, exercise, prenatal care, relaxation and breathing techniques, the stages of labor and newborn care. You will also have an opportunity to tour the Obstetrics unit. Classroom teaching consists of films, demonstrations and discussions. Must start at week one.

## Private or Weekend Preparation For Childbirth Class

Available upon request. Please call 508-828-7777 for details.

## Infant Care

This two-hour class is designed for new parents to answer questions and concerns regarding the care of a newborn. Discussions include basic newborn care, family adjustment, common problems in the newborn period, and when to call the Pediatrician.

## Feeding Your Baby

This is a couple's class designed to empower parents to make an informed decision about infant feeding. It is led by a Certified Lactation Specialist. This class teaches mothers and fathers about the importance of breast-feeding, how to do it, and the importance of the role fathers play in the experience. It also discusses ways to easily incorporate breast-feeding into everyday life. The best timing for this class is 4-6 weeks prior to your due date.